

Endogenous Depression: Biologically based depression symptoms resulting from lower than normal levels of neurotransmitter in the brain. Neurotransmitter production can be significantly increased by healthful eating, adequate sleep, and exercise. Medication interventions are also available.

Symptoms associated with low Serotonin levels:

- pessimist ruminations, difficulty with problem solving, achiness, low mental energy, lack of satisfaction with life.

Symptoms associated with low Dopamine levels:

- low reward and loss of interest, poor motivation.

Symptoms associated with low norepinephrine levels:

- low arousal, lethargy.

Counseling support for dealing with Endogenous Depression:

Your thinking habits are influenced by and can influence your depression symptoms. Thinking is like breathing, both can be automatic and deliberate. By practicing, deliberate, “positive thinking” you can limit the automatic negative thoughts, and ultimately, improve the production of neurotransmitters in your brain. Consider practicing statements like:

“I can think what I want and I want to think I have many good traits.”

“I don’t have to leave my negative thinking on autopilot. I can use override to think something positive.”

“What I think affects what I do. I will think about using my strengths.”

“Even if I don’t feel like I have enough energy, I can choose to do it anyway.”

Plan ahead:

- Plan to have better things to do and to prioritize eating healthy, getting adequate rest and exercising.
- Visualize things working out.
- Help people give you what you want/need.
- Identify 10 personal strengths and 10 likes. Work with your counselor to see how you can better infuse these into your daily life.

My Strengths:

My Likes: